

**For more information or any questions, please call  
413-587-1228**

**April 2014**

All events are held at the Northampton Senior Center 67 Conz St. unless otherwise noted.

**The Senior Center will be closed  
Monday, April 21st  
in observance of Patriot's Day**

**Brown Bag Food Sampling & Tasting Event  
Thursday, April 10th  
9:30 am**

**Northampton High School Improv Troupe  
Thursday, April 24  
2:00 pm**

**Volunteer Recognition  
Saturday, April 26  
9:45 am**

**Group Sing  
Wednesday, April 2 and  
Wednesday, April 23  
7:00 pm**

**May is  
Older American  
Month  
Join us.**

Tuesdays  
Wednesdays

9:30-10:45am  
9:00 - 10:00 am

**Cup of Conversation:** Enjoy conversation and a complimentary cup of coffee or tea  
**No Cost Breakfast Outreach Program:** All Northampton seniors over 60, are welcome to join us for this new and nutritious breakfast program. Be sure to use your Senior Center scan card.

Thursdays  
Fridays  
Fridays

1:30-3:30pm  
1:00-2:30pm  
1:00 - 3:00pm

**BINGO:** .50 cents a card with cash prizes. Special Games Played.  
**Senior Gay Men Drop-In Group:** No fee, no registration. Walk-ins welcome.  
**SHINE:** Counseling, Medicare and Medicaid. By Appointment only.

*Please note that programs, dates, and times may change or be cancelled and fees may be changed without notice.*

Tues. Apr. 1 to Apr. 30 8:15 - 4:00

**Art Exhibit:** Intergenerational photography display by Jacqueline Tuthill (Grandmother) & Rebecca Tuthill (Granddaughter). Combined they bring over 50 years of photography experience.

Tues. Apr. 1 10:00 - 12:00

**Free Blood Pressure Clinic:** Blood pressure screenings provided by Cooley-Dickinson nurses. Walk-ins welcome. Open to all Seniors

Tues. Apr. 1 10:00 -12:00

Tues. Apr. 1,8,15,22,29 1:00 pm

**PVTA Photo ID:** For disabled and senior citizens with documentation. Fee \$1.00

**Interfaith Help Fund -** Emergency financial assistance by referral. Serving Hampshire County residents

Tues. Apr. 1,8,15,22,29 1:00-3:00 pm

**Fuel Assistance Appointments:** Make an appointment with the NCOA Social Worker for assistance with your application by calling 413-587-1228.

Wed. Apr. 2, 9 9:00-12:00 pm

Wed. Apr. 2,9,16,23,30 9:00-10:00 am

**AARP Tax Preparation:** For community members. Must register by calling 413-587-1228.

**No Cost Breakfast Program:** All Northampton seniors over 60 are welcome to join us for this nutritious breakfast program. Offered in conjunction with the Massachusetts Department of Elder Affairs and Highland Elder Services. This program will begin on Wednesdays and may be expanded in the future. Be sure to have your Senior Center scan card. Please register at reception.

Wed. Apr. 2,9,16 1:00 pm

**Preventing Falls Among Older Adults:** Falls prevention presentation by Cooley-Dickenson VNA & Hospice in cooperation with the Senior Center for a 6 week program to assist in determining fall risks, safety recommendations and other information. Call Michele Dihlmann at 413-587-1226 for information and to register.

Wed. Apr. 2 1:30 pm

Wed. Apr. 2,9,16,23,30 5:30 pm

**Veteran's Benefits Appointments:** Assistance with Veteran's benefits with Paul Neville.

**Wednesday evening programming:** Check the back of the calendar for scheduled programs. **Fitness Center now open for Wednesday evening memberships.**

Wed. Apr. 2, 23 7:00-9:00 pm

Mon. Apr. 7,14,28 12:15 pm

**Group Sing:** 50 and over come join us for a fun time. For singers and non-singers alike. Join the fun!

**Massage Clinic:** A Clothes on massage for seniors and caregivers. By appointment only. Fee \$20.00 for Northampton Seniors and \$25.00 for non-residents and seniors 55-59. Call 413-587-1228

Wed. Apr. 9 7:00-8:30 pm

Thurs. Apr. 10 9:30 am

**Artist Reception -** Intergenerational artist reception open to everyone. No registration required.

**Brown Bag Food Sampling & Tasting Event -** Learn about recipes, nutrition tips for seniors, healthy meals for one or two, and tips for healthy food shopping on a budget.

Thurs. Apr. 10 10:00 am

**Brown Bag:** Participants MUST pick up their bags by 11:00 am. Bags cannot be held.

Thurs. Apr. 10 1:30 pm

Fri. Apr. 11 10:00 - 12:00

Call the Food Bank at 413-247-9738 for applications and information.

**NCOA Board Meeting:** Public invited.

**SNAP: Are you eligible for SNAP meet with a SNAP Coordinator: Verification needed to apply for SNAP.** Contact the Food Bank for more information or to schedule an appointment at 413-247-9738 ext. 150

Tues. Apr. 15 5:00 pm

Mon. Apr. 21 8:15-4:00

Thurs. Apr. 24 10:00 am

Thurs. Apr. 24 2:00 pm

**Commission on Disability Meeting:** Public Invited.

**Senior Center will be closed in observance of Patriot's Day**

**"Connections" - Dementia Education and Support**

**Northampton High School Improv Troupes -** Come watch performers create characters and scenes on the spot! The Northampton High School Improv Troupes, under the direction of Heidi Haas

Sat. Apr. 26 10:00 am

**Volunteer Recognition - Thank a volunteer today!** -For NCOA volunteers who volunteered fifteen (15) hours or more or service. Invitation only.

Sat. Apr. 26 10:00-2:00

**Drug Collection Day -** Bring old/expired medications to Smith Vocational School to dispense of the medications properly.

Mon. Apr. 28 1:00 pm

**Monday Movie Madness - "Captain Phillips":** with Tom Hanks. \*\*\*Please note the movie will begin a half hour earlier due to the length. The Movie is for seniors 55 and over and no cost to seniors. Donations accepted.

**Remember Scan cards are required for all programs, activities and services at the Senior Center.**

**May is Older American's Month! Watch for details on various programs and events during the month.**

**Announcing a new opportunity for seniors!  
The Wii is available on Friday afternoons 12:00 - 2:30. Call the Senior Center at 413-587-1228 to sign up**

Northampton  
Council on Aging  
& Senior Center

12<sup>th</sup> Annual  
**Health & Safety Fair**

A free event sponsored for  
senior citizens, their families  
and the community

Thursday, May 22, 2014  
10 a.m. - 2 p.m.  
at the Senior Center  
67 Conz Street, Northampton

Demonstrations • Displays • Information  
Lunch served in Mary's Bistro 11:00 - 1:30  
Come join us!  
Lots of free parking available.

Here are some of the events scheduled for 2014.  
Hope to see you there!

Mother's Day Event - Friday, May 9  
Health & Safety Fair - Thursday, May 22  
Party in the Park - Wednesday, June 4  
Father's Day Event - Thursday, June 12  
Shred Day - Saturday, June 21  
Annual Ceil Goral Tag Sale - Saturday, June 14  
Veteran's Day Event - Monday, November 10  
Holidays Craft Festival & Sale - Saturday,  
November 22  
Holiday Dinner - Sunday, December 7

Please note that  
programs, dates, and times may change or be cancelled and fees may be changed  
without notice.

# April 2014

For more information or any  
questions, please call  
**413-587-1228**

## Tuesday April 1

8:45 Strengthening & Stretching  
9:30 Cup of Conversation  
10:00 Blood Pressure Clinic  
10:00 PVTa Photo IDs  
10:00 Tai Chi  
10:00 PC one-on-one  
12:30 Sewing Workshop  
1:00 Interfaith Help

## Wednesday April 2

8:20 Dynamic Fitness DVD  
9:00 AARP Tax Preparation: Call for appt  
9:00 Outreach Breakfast  
9:30 Low Impact 1  
10:00 PC one-on-one  
10:00 Digital Photography  
10:30 Low impact 2  
12:00 Low Vision Support Group  
12:15 Veteran's Benefits Service  
12:30 Bowling at Canal Lanes  
12:30 Cribbage  
1:00 Preventing Falls Among Older Adults  
1:00 Scrabble  
1:00 Timeless Tunes  
2:45 Feldenkrais  
5:45 Beginner Tap  
6:00 Evening Yoga  
7:00 Group Sing

## Thursday April 3

8:45 Strengthening & Stretching  
10:00 PC one-on-one  
10:00 Wisdom Project  
10:15 Gentle Chair Yoga  
11:30 3rd year tap  
12:30 2nd year tap  
1:00 Mahjongg  
1:30 Intermediate Tap  
1:30 BINGO

## Friday April 4

8:20 Dynamic Fitness DVD  
9:30 Low Impact 1  
10:00 PC one-on-one  
10:30 Low impact 2  
12:30 SHINE-By appointment only  
12:30 Bowling at Canal Lanes  
1:00 Contract Bridge  
1:00 Senior Gay Men's Drop-in Group  
2:45 Friday Yoga

## Monday April 7

8:20 Dynamic Fitness DVD  
9:30 Low Impact 1  
10:00 Creative Writing  
10:30 Low impact 2  
11:00 Computer Tutor  
12:15 Massage Clinic  
12:30 Bowling at Canal Lanes  
1:00 NeedleWorkshop

## Tuesday April 8

8:45 Strengthening & Stretching  
9:30 Cup of Conversation  
10:00 Tai Chi  
10:00 PC one-on-one  
12:30 Sewing Workshop  
1:00 Interfaith Help

## Wednesday April 9

8:20 Dynamic Fitness DVD

9:00 AARP Tax Preparation: Call for appt.  
9:00 Outreach Breakfast  
9:30 Low Impact 1  
10:00 PC one-on-one  
10:00 Digital Photography  
10:30 Low impact 2  
12:30 Bowling at Canal Lanes  
12:30 Cribbage  
1:00 Preventing Falls Among Older Adults  
1:00 Scrabble  
1:00 Timeless Tunes at Rockridge  
2:45 Feldenkrais  
5:45 Beginner Tap  
6:00 Evening Yoga  
7:00 **Artist Reception** - Intergenerational artwork

## Thursday April 10

8:45 Strengthening & Stretching  
9:30 Brown Bag Food Sampling & Tasting Event  
10:00 Brown Bag  
10:00 PC one-on-one  
10:00 Wisdom Project  
10:15 Gentle Chair Yoga  
11:30 3rd year tap  
12:30 2nd year tap  
1:00 Mahjongg  
1:00 Readers & Thinkers  
1:30 NCOA Board Meeting  
1:30 Intermediate Tap  
1:30 BINGO

## Friday April 11

8:20 Dynamic Fitness DVD  
9:30 Low Impact 1  
10:00 SNAP: By appointment only  
10:00 PC one-on-one  
10:30 Low impact 2  
12:30 Bowling at Canal Lanes  
12:30 SHINE-call for appt  
1:00 Contract Bridge  
1:00 Senior Gay Men's Drop-in Group  
2:45 Friday Yoga

## Monday April 14

8:20 Dynamic Fitness DVD  
9:30 Low Impact 1  
10:00 Creative Writing  
10:30 Low impact 2  
11:00 Computer Tutor  
12:15 Massage Clinic  
12:30 Bowling at Canal Lanes  
1:00 NeedleWorkshop

## Tuesday April 15

8:45 Strengthening & Stretching  
9:30 Cup of Conversation  
10:00 Tai Chi  
10:00 Walking Group  
10:00 PC one-on-one  
1:00 Interfaith Help  
5:00 Commission on Disability

## Wednesday April 16

8:20 Dynamic Fitness DVD  
9:00 Outreach Breakfast  
9:30 Low Impact 1  
9:30 Foot Care Clinic  
10:00 PC one-on-one  
10:00 Digital Photography  
10:30 Low impact 2  
12:30 Bowling at Canal Lanes

12:30 Cribbage  
1:00 Preventing Falls Among Older Adults  
1:00 Knitting Class-Beginning of New Session  
1:00 Scrabble  
1:00 Timeless Tunes  
2:45 Feldenkrais  
5:45 Beginner Tap  
6:00 Evening Yoga

## Thursday April 17

8:45 Strengthening & Stretching  
10:00 PC one-on-one  
10:00 Wisdom Project  
10:00 Walking Group  
10:15 Gentle Chair Yoga  
11:30 3rd year tap  
12:30 2nd year tap  
1:00 Mahjongg  
1:30 Intermediate Tap  
1:30 BINGO

## Friday April 18

8:20 Dynamic Fitness DVD  
9:30 Low Impact 1  
10:00 PC one-on-one  
10:30 Low impact 2  
12:30 Bowling at Canal Lanes  
12:30 SHINE- By appointment only  
1:00 Contract Bridge  
1:00 Senior Gay Men's Drop-in Group  
2:45 Friday Yoga

## Monday April 21

**CLOSED IN OBSERVANCE OF PATRIOT'S DAY**

## Tuesday April 22

9:30 Cup of Conversation  
10:00 Tai Chi  
10:00 Walking Group  
10:00 PC one-on-one  
12:30 Sewing Workshop  
1:00 Interfaith Help

## Wednesday April 23

8:20 Dynamic Fitness DVD  
9:00 Outreach Breakfast  
9:30 Low Impact 1  
10:00 PC one-on-one  
10:00 Digital Photography  
10:30 Low impact 2  
12:30 Bowling at Canal Lanes  
12:30 Cribbage  
1:00 Knitting Class  
1:00 Scrabble  
1:00 Timeless Tunes at Golden Moments  
2:45 Feldenkrais  
5:45 Beginner Tap  
6:00 Evening Yoga  
7:00 Group Sing

## Thursday April 24

8:45 Strengthening & Stretching  
10:00 PC one-on-one  
10:00 Wisdom Project  
10:00 Walking Group  
10:00 Connections -Dementia Education and Support  
10:15 Gentle Chair Yoga  
11:30 3rd year tap  
12:30 2nd year tap  
1:00 Mahjongg

1:30 Intermediate Tap  
1:30 BINGO  
2:00 NHS Improv Troupes

## Friday April 25

8:20 Dynamic Fitness DVD  
9:30 Low Impact 1  
10:00 PC one-on-one  
10:30 Low impact 2  
12:30 Bowling at Canal Lanes  
12:30 SHINE-By appointment only  
1:00 Contract Bridge  
1:00 Senior Gay Men's Drop-in Group  
2:45 Friday Yoga

## Saturday April 26

9:45 Volunteer Recognition Banquet  
10:00 Drug Collection Day at Smith Vocational

## Monday April 28

8:20 Dynamic Fitness DVD  
9:30 Low Impact 1  
10:00 Creative Writing  
10:30 Low impact 2  
11:00 Computer Tutor  
12:15 Massage Clinic  
12:30 Bowling at Canal Lanes  
1:00 NeedleWorkshop  
1:00 Monday Movie Madness- Captain Phillips

\*Please note that the movie will begin at 1:00 instead of 1:30 due to the length of the movie.

## Tuesday April 29

9:30 Cup of Conversation  
10:00 Tai Chi  
10:00 PC one-on-one  
12:30 Sewing Workshop  
1:00 Interfaith Help

## Wednesday April 30

8:20 Dynamic Fitness DVD  
9:00 Outreach Breakfast  
9:30 Low Impact 1  
10:00 PC one-on-one  
10:00 Digital Photography  
10:30 Low impact 2  
12:15 Veteran's Benefits Service  
12:30 Bowling at Canal Lanes  
12:30 Cribbage  
1:00 Knitting Class  
1:00 Scrabble  
1:00 Timeless Tunes  
2:45 Feldenkrais  
5:45 Beginner Tap  
6:00 Evening Yoga

The Senior Center will be closed  
Monday, April 21st  
Patriot's Day  
Website  
[www.northamptonma.gov/713/Council-on-Aging](http://www.northamptonma.gov/713/Council-on-Aging)

**Registration  
Deadlines for  
May 2014  
regular  
programs is  
Friday  
April 25th**